NDC 63044-401-01 Dosage and Administration: Take one SUPPLEMENT FACTS capsule a week, or as directed by your Serving size: One capsule once a week healthcare provider. Vitamin D3 Storage: Store at room temperature Each Capsule Contains: Amount/Serving 15-30°C (59°-86°F). Protect from Vitamin D3 (cholecalciferol) 10,000 IU 10,000 IU excessive heat and 40°C(104°F). Avoid (cholecalciferol 0.25mg) Vitamin E (di-alpha-tocopherol) 5 IU Freezing. **Dietary Supplement** Total Calories 2.8 WARNING: Children under 12 years and Calories from fat 2.8 pregnant women should consult a Total fat 0.49 For Healthy Bones physician. Persons with kidney disease. Other ingredients: Soya oil bone disease, malignancies or calcium & Immune System disorders should not take Vitamin 10.000 IU except under the supervision of a physician. Vitamin D3 10,000 IU is essential for Nnodum Pharmaceuticals absorption of calcium and necessary for Manufactured for Nnodum Pharmaceuticals healthy bones and a healthy immune system, 30 Softgel Capsules Cincinnati, OH 45240